



# Becoming the Captain of My Life

Knowing the Lay of the Land and Learning to Steer

Dr. Cathy Hamilton

Cathy Hamilton and Associates, LLC

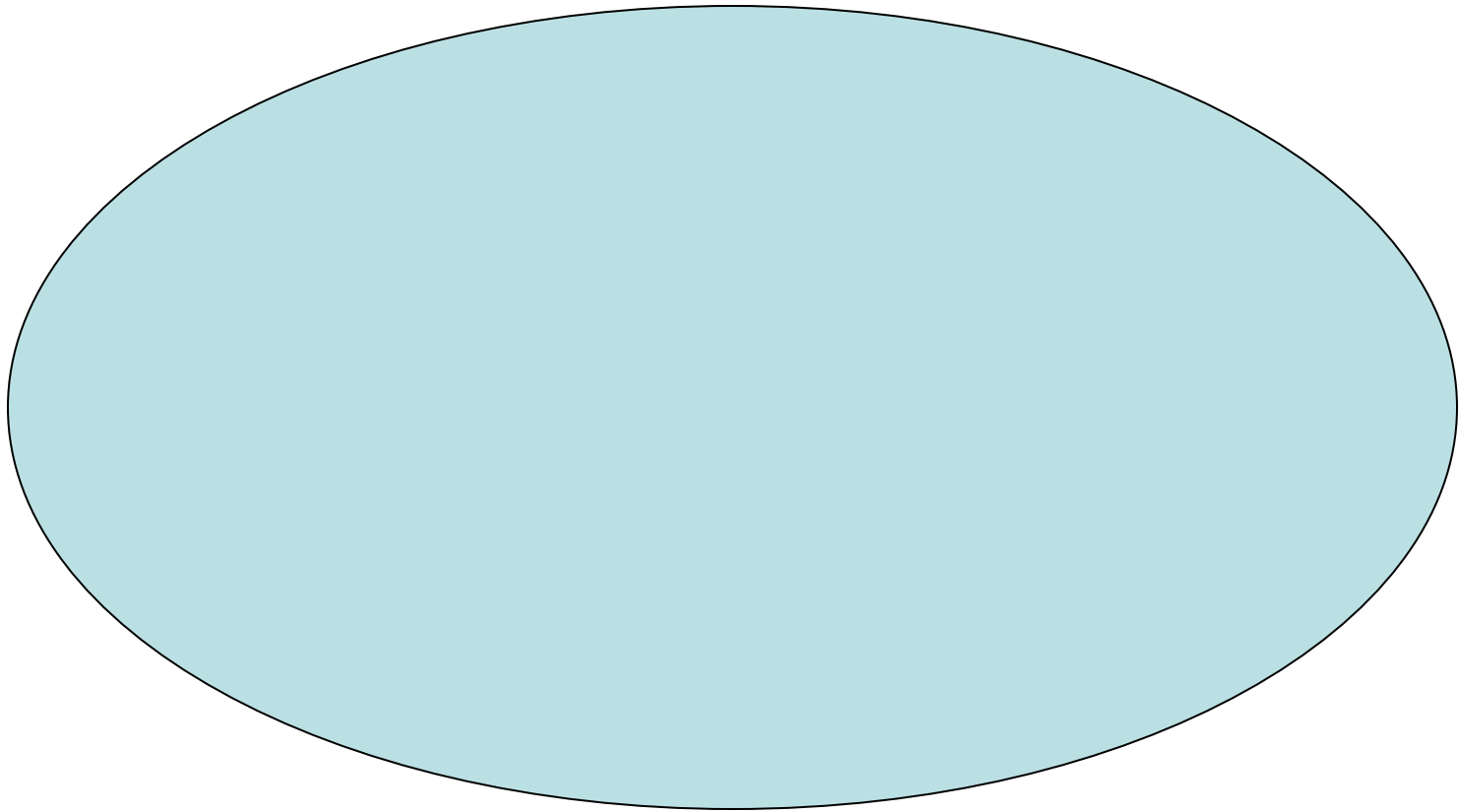
Facilitator

[cathy@cathyhamiltonassociates.com](mailto:cathy@cathyhamiltonassociates.com)

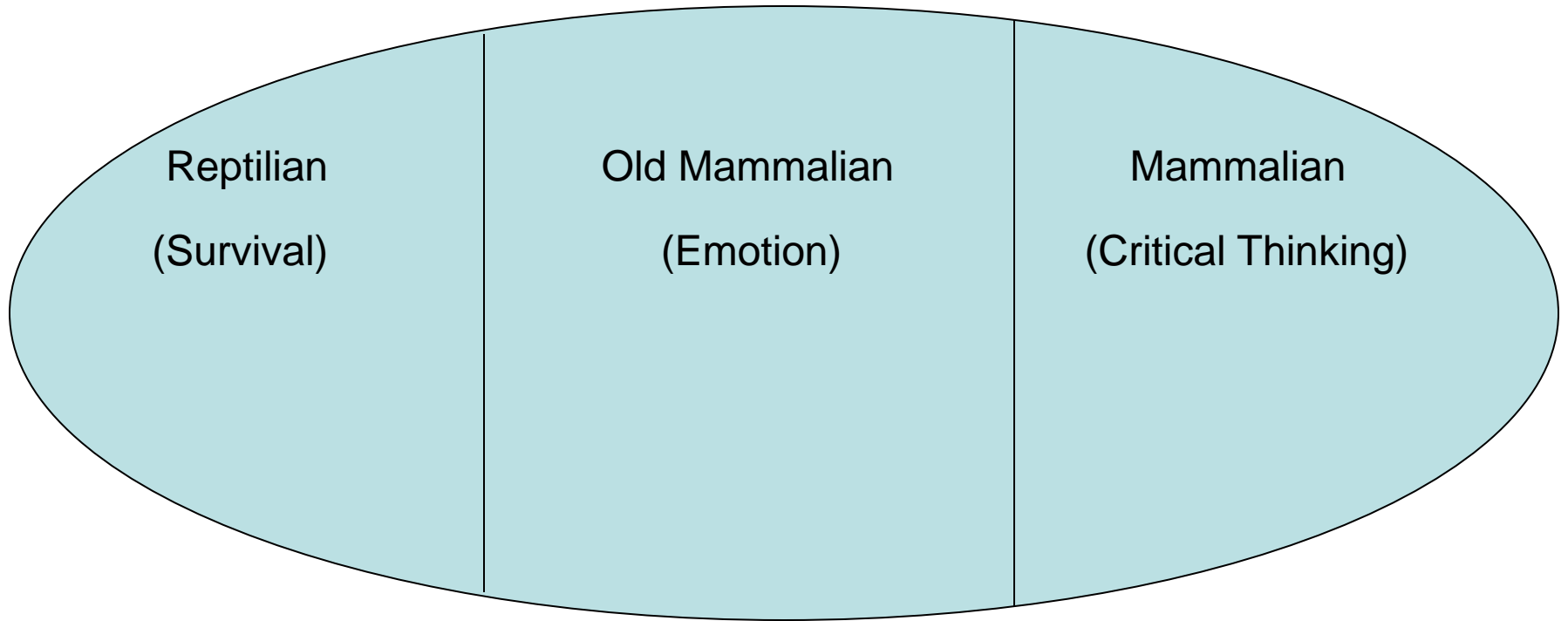
513-295-5360

**“It wasn’t enough to know how to fly a plane; he wanted to know everything about flying that plane....people’s behavior in crisis, the psyche of flying, everything.” --Comments about Captain Sullenberger, the pilot who set his endangered plane into the Hudson River, “miraculously” saving the lives of everyone aboard the craft.**

# Human Brain Response to Stimuli



# The Human Brain's Response to Stimuli



**Of all the civil rights for which the world has struggled and fought for 5000 years, the right to learn is undoubtedly the most fundamental.**

**We must insist upon this to give our children the fairness of a start which will equip them with such an array of facts and such an attitude toward truth that they will have a real chance to judge what the world is and what its greater minds have thought it might be!**

**W.E.B. DuBois (1949)**